

## **Lesson One – Introduction/What You Like**

**Exploration Outcome: Identify 10 different personal motivations.**  
**TODAY Snapshot One Activity: Interests Checklist**

### **Lesson Purpose**

To introduce the exploration unit and expand student awareness of personal interests.

### **Lesson Outcomes**

Students will be able to:

- 1) Identify 10 different personal interests
- 2) Recognize the uniqueness of personal interests
- 3) Assess the changing nature of interests

### **Materials**

- 1) Snapshot Central Samples
- 2) An Interests Checklist (Snapshot One) from the Student Portrait Book

This lesson introduces students to the value of taking “snapshots from the inside” of themselves and storing them over time. It also seeks to provide each student with a language for self-assessment of personal interests. If your students are excited about creating personal snapshots, and can tell you at least 10 things they’d like to do, this lesson will have been successful.

### **Introductory Activity** **(5 minutes)**

- 1) Ask students how many of them have saved their school pictures over the years. Tell them it is interesting to look at those pictures, watching themselves change and grow over the years. If you (the teacher) are brave, you may elect to show your students some pictures of yourself!
- 2) Ask students if anyone has kept a record of what they were thinking or feeling at those younger ages. Wouldn’t it be interesting to “take a picture from the inside” in all those years – remembering what your interests, thoughts and dreams were?
- 3) Tell them they are going to start keeping records of those “pictures from the inside”, beginning with today’s lesson. Let students know that the *Snapshots TODAY* unit is “all about you.” They will be taking eight “snapshots from the inside” over the next several training sessions. Encourage them to keep print copies of these snapshots of who they are. The things they do in this assignment are “time capsules” that will be very interesting to review in the future.

## Snapshots TODAY

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### Development Activity A (15 minutes)

- 4) Refer to the Interests Checklist in their Student Portrait Book.
- 5) Tell students that an interest is something you like. It is NOT something you can do – that is a skill. You can like something without being good at it – it is simply something that you find interesting today or would find interesting in the future.
- 6) Ask students to identify their top 10 interests from the checklist. Have them begin by underlining all the words that interest them today or could interest them in the future. Next, have them go back and select their favorite 10 of the underlined interests and place a checkmark beside those words in the Your List column. In the end, each student must have identified 10 different personal interests.
- 7) Tell students that this is just a snapshot of today – in the future, their interests may change. That's why we ask them to put the date on the page. Also tell students that they can describe their interests with a more detailed word, if they wish. For example, instead of just indicating "individual sports," they can write "golf." Finally, inform students that, in the next activity, they will be showing their top 10 interests to other people in the class.

### Development Activity B (10 - 15 minutes)

- 8) Once every student has completed an Interests Checklist, prepare them to compare their interests to the interests of others. Inform them that their interests are unique. They are so unique that no other person in the classroom has the same 10 interests as them. Also inform them that every person is entitled to their own interests. It is therefore a rule in this room that everyone will demonstrate respect for other people's interests.
- 9) Have students move around the room, comparing their top 10 interests to those of at least five other students. Each time, have students record the other person's interests under the available columns on their worksheet. In some classes, you may elect to put students together rather than letting them choose themselves.
- 10) Encourage students to compare their interest to those of other students for at least 10 minutes. If they can compare with more than five, that is preferred. Once the activity is complete, have students return to their seats.

### Reflective Activity (15 - 20 minutes)

- 11) Inform students that they will keep a journal of what they learned throughout the *Snapshots TODAY* project. The journal page for lesson one is in their Student Portrait Book. Inform students that this journal is a place where they will write things they learned from various activities. It is recommended that teachers evaluate this journal at the end of the project.
- 12) Ask students to think about the following questions and write their opinions in their Snapshots Journal.
  - a. What interests did you have in common with most other people? In your opinion, why do some interests show up on most student lists?

- b. What interests of yours are on very few other student lists? In your opinion, why don't more people share those unique interests?
  - c. Ten years from now, which two of your interests are most likely to be gone from your top 10 list? Why do you think they will change?
  - d. Would your list have been different if you knew you didn't have to show it to other people? Explain why you answered as you did.
  - e. What percentage of your top 10 interests are you involved in today through school, your family and/or the community?
- 13) Once students have had 10 minutes to reflect on the activity on their own, discuss each question with the whole group. Encourage students to appreciate their unique interests -- no one is exactly like anyone else.
- 14) Remind students that their Interests Checklist will be evaluated as part of their grade for the *Snapshots TODAY* unit. Inform them of the standards you will apply in your evaluation. The standards for Snapshot One are listed on page 3 of these lesson plans.

TODAY Snapshot One Activity

# Interests Checklist

Interests	Your List	One	Two	Three	Four	Five
Animals/Pets/Wildlife	_____	_____	_____	_____	_____	_____
Art/Painting/Pottery	_____	_____	_____	_____	_____	_____
Astronomy/Space	_____	_____	_____	_____	_____	_____
Building Things	_____	_____	_____	_____	_____	_____
Collecting Things	_____	_____	_____	_____	_____	_____
Comedy/Humor	_____	_____	_____	_____	_____	_____
Computers	_____	_____	_____	_____	_____	_____
Cooking	_____	_____	_____	_____	_____	_____
Dancing	_____	_____	_____	_____	_____	_____
Designing Things	_____	_____	_____	_____	_____	_____
Drama/Theater	_____	_____	_____	_____	_____	_____
Drawing/Cartooning	_____	_____	_____	_____	_____	_____
Fashion/Sewing	_____	_____	_____	_____	_____	_____
Fitness/Exercise	_____	_____	_____	_____	_____	_____
Fixing Things	_____	_____	_____	_____	_____	_____
Foreign Languages	_____	_____	_____	_____	_____	_____
Gardening/Landscaping	_____	_____	_____	_____	_____	_____
Helping Children/Elderly	_____	_____	_____	_____	_____	_____
History/Family History	_____	_____	_____	_____	_____	_____
Individual Sports	_____	_____	_____	_____	_____	_____
Kayaking/Sailing	_____	_____	_____	_____	_____	_____
Leadership/Politics	_____	_____	_____	_____	_____	_____
Magic/Illusion	_____	_____	_____	_____	_____	_____
Mechanics/Cars	_____	_____	_____	_____	_____	_____
Meeting New People	_____	_____	_____	_____	_____	_____
Money	_____	_____	_____	_____	_____	_____
Music/Singing/Concerts	_____	_____	_____	_____	_____	_____
Nature/Geography	_____	_____	_____	_____	_____	_____
Organizing Things	_____	_____	_____	_____	_____	_____
Outdoor Recreation	_____	_____	_____	_____	_____	_____
Photography	_____	_____	_____	_____	_____	_____
Playing Games/Puzzles	_____	_____	_____	_____	_____	_____
Psychology	_____	_____	_____	_____	_____	_____
Public Speaking/Debate	_____	_____	_____	_____	_____	_____
Reading	_____	_____	_____	_____	_____	_____
Science	_____	_____	_____	_____	_____	_____
Shopping	_____	_____	_____	_____	_____	_____
Team Sports	_____	_____	_____	_____	_____	_____
Travel	_____	_____	_____	_____	_____	_____
Video Games	_____	_____	_____	_____	_____	_____
Watching Movies/TV	_____	_____	_____	_____	_____	_____
Web Surfing/Chat	_____	_____	_____	_____	_____	_____
Working With Numbers	_____	_____	_____	_____	_____	_____
Working With Tools	_____	_____	_____	_____	_____	_____
Writing Stories/E-mail	_____	_____	_____	_____	_____	_____